

Volume I, Number I

Naval Hospital Beaufort "Always Caring"

December 2010—February 2011



*CAPT Joan R. Queen
Commanding Officer*

A Message from the CO

Hello Patients & Staff Members,

Thank you for your continued support of Naval Hospital Beaufort (NHB) and for allowing us to take care of your healthcare needs.

This is the first edition of Naval Hospital Beaufort's newsletter, the "Lowcountry Beacon". We will be using

this newsletter to publish information about the services we offer, articles on current health care issues and our departments and staff. Please take the time to read the articles so you can stay updated on what's happening at NHB.

At Naval Hospital Beaufort, we continue to renovate our spaces to make things better for our patients and staff. In this issue we highlight our upcoming pharmacy renovations.

In every issue of our newsletter we will be highlighting one of our departments or clinics. This quarter we are highlighting the Sports Medicine and Rehabilitation Therapy Clinic (SMART) at Branch Health Clinic, Parris Island. The SMART Clinic helps the recruits heal faster so that they can com-

plete their training on time.

You will also see our staff members who have gone above and beyond to make sure we are providing quality care and excellent customer service. They are highlighted on the "Excellence in Action" page. In addition, you will see our involvement in the community as well as upcoming events.

You will hear from my Executive Officer, CAPT Simmer and my Command Master Chief, CMDCM Willis.

The hospital is not the building but the exceptional staff that work here. In our first newsletter we will shine the spotlight on two outstanding staff members, Senior Chief Donald White and Mr. Donald Ford. Please check out all the interesting articles such as the Chaplain's Corner, A Note from the Ombudsman, and Hails and Farewells, just to name a few. We are committed to patient safety and in this issue we remind you that safety is important at work and at home.

I am honored to be the Commanding Officer at NHB and to have wonderful, dedicated staff that are committed to our mission to provide safe, efficient, effective patient and family centered health care while ensuring operational readiness.

Please have a safe and Happy Holiday.



A Look at
MCRD Smart Clinic
Page 5



A Special Recognition of
Our Sailors and Civilians
Pages 6 & 7



Keeping off the Holiday
Pounds Challenge from
Health Promotion
Page 13



The Pharmacy Project: Renovation for better service

Story By HM1(SW/AW) Carlos Aguilar & Gaynelle Dantzler

Photos by Gaynelle Dantzler

As a member of the military community, one of the most important benefits you've earned is comprehensive health care coverage. As an active duty member, family member or retiree, pharmacy service is a part of that coverage, and we want to make sure that when you are in need of our services we do our best to serve you. At Naval Hospital Beaufort, we are always looking for ways to improve our services in an effort to make your time with us more pleasurable. Therefore, the Pharmacy Department will be renovated.

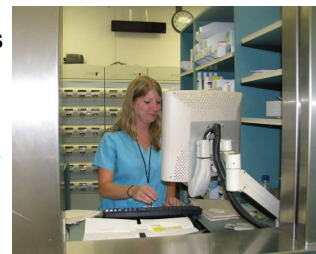
In the upcoming weeks, we will have to modify our daily operations and services due to the scheduled project said LT Russell Wiegand, Pharmacy Department Head. Currently, the department operates with four windows for outpatient services. The hours of operation are Monday through Friday from 0730-1900. There is also a satellite drive thru window located next to the Gas Station on the base, and their hours of operation are Monday through Friday from 0800-1700. The refill window is closed on Saturdays, Sundays and Holidays. The Phar-



macy Department has a Duty Technician/Pharmacist 24 hours a day, seven days a week for inpatient services and for patients seen in the Emergency Department.

During the renovations the department will have to move from its current location to room 155A, located at the end of the hall on the WEST wing of the first floor, near the optical shop and the Exchange. There will be four windows facing the Subway area where patients will come to pick up their prescriptions. According to LT Wiegand, during the renovations, the waiting area will remain where it is now and all telephone numbers will remain the same.

The primary goal for the renovation is to have six windows for outpatient services which will decrease the waiting time for our patients and increase productivity. As a part of the renovations, the department will also get a new automated pill counter, and interior spaces will be redesigned to allow for more efficient service.



Command in the Community



Photo by HM1 Barrington Hamilton

Volunteers from Naval Hospital Beaufort participated in the Adopt-A-Highway program on Saturday, October 31, 2010. The Department of Transportation, Beaufort County and Volunteers from the Tri-Command meet monthly to participate in the hour-long event coordinated by HM1 Mary Figuera. The Naval Hospital adopted a stretch of Highway from the foot of the Russell Bell Bridge to a location just outside the hospital gates.

Lowcountry Beacon

An authorized publication of U.S. Naval Hospital Beaufort

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Commanding Officer

Capt. Edward D. Simmer, MC, USN
Executive Officer

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Command Master Chief

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HM1 Robert Starkey
Ms. Stacey Starkey

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<https://www.med.navy.mil/sites/nhbeaufort>



*CAPT Edward D. Simmer
Executive Officer*

A Note from the XO “Our Culture of Caring”

Like every Naval Hospital, Naval Hospital Beaufort has a mission, vision, and guiding principles. These lay out the areas that our Command focuses on, and the areas we feel are most important. They are featured on the front page of our Internet site at http://www.med.navy.mil/sites/nhbeaufort/Pages/Welcome_Page.aspx. As important as these are, however, there is one characteristic of a Command that is even more important, and that is its **culture**. The *New Oxford American Dictionary* defines culture as “the attitudes and behavior characteristic of a particular social group.” Thus our culture defines who we are and how we treat people.

The culture at NH Beaufort can be summed up in one word: **Caring**. Since arriving here in June, I have been very impressed by the way our staff cares. Clearly, and most importantly, our team cares for our patients.

Whether it is a Dental Officer caring for a new Recruit who may never have received proper dental care, or our vaccine team going out to the schools to ensure children can receive the flu vaccine without missing class, our breast health coordinator contacting patients to make sure they receive their mammograms, or someone taking an extra minute to ensure a patient finds their way in our hospital, over and over I see people going above and beyond to ensure our patients receive the very best care.

Although caring for patients is the most important thing we do, our culture of caring goes beyond this. We also care for each other and for ourselves. Our team routinely looks out for each other, for example when one area is particularly busy, others will volunteer to help out. In addition, we have special programs for our deployed staff members and their families with the goal of making sure they are taken care of before, during, and after their deployment. Sometimes caring means offering support to a member of our staff who is going through a challenging time. Whatever form it takes, though, I repeatedly see our team going the extra mile to help each other, our patients, and the community. It is an honor to be a part of this great team!

A Word from the CMC

Greeting NHB Family,

I would like to start off by saying how proud and honored I am to be your Command Master Chief. You all do amazing things each and everyday for our patients and beneficiaries. The Skipper, XO, and I routinely receive unsolicited accolades about your accomplishments and performances and for that I say thank you.

With that, I would like for us to concentrate on three areas of importance; Command, Community, and Career. These can easily be described as Ship, Shipmate, and Self. It is everyone's responsibility to serve and support the Command. We should always strive to be patient/people focused and mission driven. We all have a role to play in meeting the mission. We need everyone in the game; no bench riders. Everyone is equally as important. Get into the game!

Giving back to our community is both honorable and commendable. As our slogan says, "A Global Force for Good," this global encompasses local communities as well. Our communities need our assistance. We should be committed to contributing our time and talents to our local communities. Imagine the impact you would have on your community, if you had contact with your community!

I need everyone to take charge of their own career. No one can better manage your career than you. Yes, others may assist you and give you needed tools for career progression, but you need to apply the advice. Day one, regardless of pay grade, you must be actively involved in your career from career development boards to enhancing your skill sets. Those that have taken control of their careers early on, historically have been successful early on. Not only does it make you better, but it makes the Command and the Navy better. We and the Navy are always looking for the MOTIVATORS and DIFFERENCE MAKERS!



*CMDR(SW/FMF) Tyrone Willis
Command Master Chief*



LT Jennifer Dolder

Chaplain's Corner

Psalm 138:1-8 Let us not grow weary doing good, for in due season we shall reap if we do not lose heart.

As the holiday season is upon us, for many it is a time of giving and receiving gifts. For others it can be a very lonely time of the year, this can include our servicemen and women abroad, those away from home for the first time, and the single person.

This can be a great opportunity for families to reach out to those individuals and include them in their own holiday moments. Yes, it might feel awkward to have another person at the table that is not a part of your family but this can be a tremendous gift for that individual. Gifts are not always material but many times the most important gifts are given from the heart by an action or maybe a kind word.

I recently witnessed staff members opening their home up to include the singles for a holiday meal. It struck me that these members really got at the need of single people during the holiday season, that is, the feeling of belonging to a community or even a family's home for a day or so.

As we enjoy this season with our family members, let us remember to think about others that might not have the privilege of being with family and keep them in our thoughts, prayers and maybe offering a seat at the table or on the couch by the Christmas tree.

Blessings to all during this time,
Chaplain Jennifer Dolder



Security: Why We Do Things Differently

The first time you entered the installation, you noticed that the Gate Sentry was performing 100% hands-on ID card checks. You may have asked or thought "Why do you physically inspect my ID card when MCRD and MCAS do not?"

That is a good question. The correct answer for that questions is, according to CNRSEINST 5530.1, Navy Region Southeast Installation Access Control (1 June 09) the 'Entry Control Point (ECP) Contact Sentries shall check/verify the identification of individuals seeking access to any Navy Installation, to include all Federal, State, Local Law Enforcement and Emergency response personnel.'

Access to Navy installations is not a right, and it is within the installation commander's discretion when complying with established policies and procedures. Effective security cannot be achieved by relying solely on the effectiveness of the sentry at the ECP. An integrated and synchronized approach is required to ensure all persons entering the installation have a justified reason for access, proper vetting has occurred, and are authorized by the CO. Effective access control is the cornerstone to successful defense-in-depth security. No single access control measure (e.g. guards, gates, explosive detectors) is a complete solution. For this reason, access control must be thought of as a family of systems working together.

WELCOME TO THE NEWEST ADDITIONS
TO THE SECURITY FAMILY:

- MA3 Chad Breaux
- MA3 Timothy Nobles
- MASA Billy Atwater
- MASR Stephanie Broussard

Pre thru Post Deployment Dinner & Brief for NHB Service Members and Families

07 December 2010
1800 – 2000
Command Education
and Training Building



Command MWR Event

Command Family Day
with Tree Lighting
09 December 2010
1630 – 1930
Naval Hospital Flagpole

A Note from Your NHB Command Ombudsman...



Ms. Stacey Starkey

Contact Information:

Email: nhbombudsman1@med.navy.mil

Office Phone: 843-228-5631

Office Hours: Mon & Wed 0900-1200
and by appointment.

Our office is located in the Command Suite
on the 1st Deck near the Quarterdeck of the
Main Hospital.



Hello Naval Hospital Beaufort Family and Friends!

I would like to take this opportunity to introduce myself. My name is Stacey Starkey and I am your Naval Hospital Beaufort (NHB) Command Ombudsman. An Ombudsman is an officially appointed volunteer, usually a spouse of an active duty service member, chosen by the Commanding Officer (CO) to serve as an official liaison between the command and its families. The Command Ombudsman's role is multifaceted.

Navy Family Command Ombudsmen assist the CO in maintaining the morale and welfare of the command's active duty service members and its families. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members and is on call 24 hours a day, 7 days a week. Command Ombudsmen serve as the official communication link between the command and its families, disseminating information both up and down the chain-of-command, including official Department of the Navy, command, and deployment related information.

In our official role, Command Ombudsmen are not counselors or social workers, but act as an advocate for the command's families, using knowledge of the system to access the appropriate level of the chain-of-command for intervention and to forward suitable requests or grievances while exercising confidentiality within the program guidelines. In addition, Command Ombudsmen serve as an information and referral resource. Are you new to Naval Hospital Beaufort? Is this your first duty station? Are you getting ready to deploy? Becoming a new parent? You have questions and we, as Command Ombudsmen, have answers or know where to go to get them.

As your Naval Hospital Beaufort Command Ombudsman, I care about the welfare of you and your Navy family. I am here to help, to provide a caring ear, and to keep you and your family informed and connected to the command during your time at NHB. You may contact me anytime.

Now for a quick bit of history... Why the word Ombudsman? The word Ombudsman originated in 19th century Scandinavian countries and referred to safeguarding the rights of citizens. Today the concept of the Ombudsman is widely utilized in the fields of government, business and healthcare.

The Navy Family Ombudsman Program was created on 14 September 1970 by Admiral Elmo R. Zumwalt, Jr., then Chief of Naval Operations (CNO), to improve communication between commands and the families of Sailors who served in them. It is governed by OPNAVINST 1750.1F. On 30 March 2007, Admiral Michael G. Mullen, then CNO, re-emphasized the importance of the program and signed an updated instruction, highlighting the requirement that all Navy families have access to a Navy Family Ombudsman.

And last but not least, here are a couple of opportunities to get involved. First, we are hoping to start monthly NHB Family events in the new year. If you or your families would like to assist with these, please let me know. Second, if you are interested in becoming a Command Ombudsman, contact us to find out how! Thank you.

Very Respectfully,
Stacey
Your NHB Command Ombudsman

This Quarter's Department Highlight

The Smart Clinic

Story by HMI John McLeod

Photos by HMI Barrington Hamilton

The SMART clinic at Branch Health Clinic, MCRD Parris Island serves the critical health needs of permanent party personnel and recruits and provides vital services to the base's primary function of making Marines. It's not a surprise, since "about 50% of sick call cases deal with muscular skeletal complaints" according to CDR Walter, Department Head, MCRD Smart Clinic. The SMART clinic, which stands for "Sports Medicine and Rehabilitative Therapy," sees recruits injured anywhere during their training, and who may be laid up for months with many visits or "encounters" with providers. The SMART Clinic sees from 1240 to 2500 patients a month. This is not easy when the goal of the clinic is "same day service to staff and recruits and to keep as many recruits in training as possible." However, the SMART clinic and its staff have done a lot of proactive planning and coordination with their stakeholders in meeting that goal.

In just one example, the SMART clinic carries out weekly "Tiger Team" meeting to go over the status of patients in the Special Training Company (STC). This process includes diverse decision makers such as the executive officer of STC, SDI's (senior Drill Instructors), athletic trainers, case managers and providers for each patient-recruit in the STC. This has paid dividends in time to recovery and returning to training. STC now has on average of 19 female and 40 recruits at any given time, a dramatic decrease from

previous average of over 300 recuperating recruits at any time. This has had a real impact on training efficiency, especially when considering that the Marine Corps has invested roughly \$16,000 in each recruit that arrives for training and delays in training can cost anywhere from \$500 to \$600 a day.

The clinic's leadership has taken some other creative approaches to solve delays in bringing the young Marine recruit back into the training schedule. One of its most notable successful initiatives was changing the way limited duty is implemented. Put into practice June 2010, it transferred the limited duty "chit" into a "phase." Before this program, certain activities detrimental to rehabilitation were checked off, leaving the recruit and DI with some ambiguity of what activities not mentioned could be performed and where the recruit fit into the training schedule. Now, with phases, limited duty is defined directly into terms of training, and is *universal* to all providers and STC personnel. This has been successful in preventing re-injury. The clarity of the different phases prevents jeopardizing a recruit's rehabilitation plan while still maximizing his availability for training opportunities.

Although short term goals are being achieved, there are still long term goals for the clinic's leadership. When asked what does the SMART clinic have planned, CDR Walter said, "to assemble knowledge for publication to improve other SMART clinics at Fort Jackson, San Diego, and Great Lakes." The clinic is, in fact, doing more than just "spreading

the wealth of experience" to other recruit training centers. With its competency program, it is spreading the wealth to the local Battalion Aid Station.

The Battalion Aid Stations now send corpsman to the SMART clinic to learn to treat ingrown toenails. It may not sound medically significant but the clinic had over 40 ingrown toenail cases in October alone. Swelling, infection, and interruption in training can occur to recruits, who do a lot marching as any visitor to Parris Island will acknowledge. The numbers and variety of the each case can provide a trainee a chance to be very proficient. The SMART clinic provides clinical experience to Family Practice Residents, Physical Therapy Assistant Students, and IDC's.



HMC Strickland, an Independent Corpsman from MCAS, requested to do his training at the SMART clinic to fulfill the George Washington University's bachelor's program required practicum.

The SMART clinic is a vital element in Marine recruit training on the East Coast. Plagued with common difficulties seen nowadays, like personnel shortages, staff deployments, and budget shortfalls, the clinic and its hard working people are undaunted in meeting the mission and strengthening Navy medicine.



Our Mission
To provide safe, efficient, effective
patient and family centered
health care while ensuring operational readiness.



Naval Hospital Beaufort's Sailors of the Year



SAILOR OF THE YEAR

Directorate of Branch Health Clinic

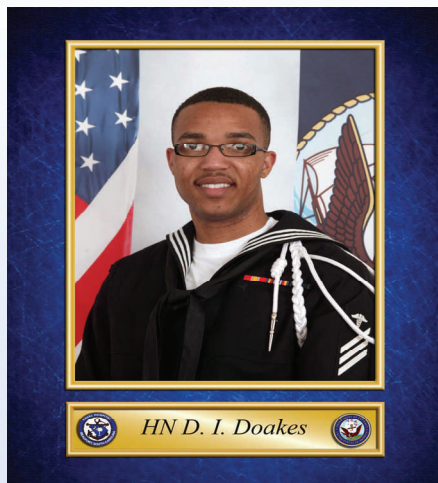
As the Leading Petty Officer of Ancillary Services, Branch Health Clinic, Parris Island, SC, HM1 Jordan led and mentored 31 Sailors and six civilians in the medical processing, care, treatment, and administration of over 85,000 patient contacts. As the lead Pharmacy Technician, she managed an annual OPTAR of \$1,000,000 and processed over 120,000 prescriptions for 25,000 active duty personnel. She initiated and completed a detailed inventory of more than 1,500 line items, thus recouping over \$100,000 under the Guaranteed Returns Program.

As the Leading Petty Officer for the Directorate of Nursing Services, HM2 Fortes provided outstanding leadership, mentoring, and technical guidance to 22 junior Hospital Corpsman and 14 LPN's and clerks on a diverse 20 bed inpatient ward. Her efforts resulted in the highest quality of inpatient care being provided to the approximately 3,250 eligible beneficiaries that were under her charge. Her maturity, confidence and dedication are at a level normally expected of a seasoned First Class Petty Officer. She managed a \$45,000 annual OPTAR and \$533,000 in equipment during a critical staff manning shortfall.



JUNIOR SAILOR OF THE YEAR

Directorate of Nursing Services



BLUE JACKET OF THE YEAR

Directorate of Surgical Services

While serving as a General Duty Corpsman assigned to the Oral Surgery Department, HN Doakes assisted one Oral Surgeon, two Nurses, and three Surgical Technologists in the care and treatment of 1,650 Active Duty Marines, Sailors, and beneficiaries. As a General Duty HM, he personally assisted the surgeon with 142 minor surgical procedures with zero discrepancies. He revamped the scheduling process for the clinic, decreasing the wait time for patients by 40 percent. Due to his impeccable uniform appearance and military bearing, HN Doakes is the most requested member of the Command Honor Guard.

Naval Hospital Beaufort's Civilians of the Year



SENIOR CIVILIAN
Ms. Victoria Kirkwood
Medical Staff Services
Quality Management



CIVILIAN
Ms. Lisa Smith
Healthcare Business
Tricare Operations



CONTRACTOR
Mr. Ray Geissinger
Branch Health Clinic
MCRD Dental Services

Naval Hospital Beaufort's Civilians of the Quarter



SENIOR CIVILIAN
Ms. Victoria Kirkwood
Medical Staff Services
Quality Management



CIVILIAN
Ms. Natalya Martin
Clinical Support Services
Pharmacy



CONTRACTOR
Mr. Evan Stiner
Branch Health Clinic
Recruit Sick-call



Lowcountry Beacon Newsletter Committee

Left to Right: HMC Troy Murphy, Ms. Gaynelle Dantzler, Ms. Peggy Simmer, Ms. Kim Gardner, Ms. Ivette Moore, HM1 John McLeod

Not pictured are: HM1 Carlos Aguilar, MA1 Nicole Buckhanan, HM1 Barrington Hamilton, HM3 Delphan West, Mr. Richard Tyson, Ms. Mae Armstrong, and Ms Triena Johnson

EXCELLENCE IN ACTION



Excellence in Action is an employee recognition program designed to recognize a staff member that has excelled in performance or attitude.

To recognize a staff member for the Excellence in Action (EIA) program, fill out an EIA card located near ballot boxes throughout the hospital.

Officer Promotions

LCDR Felecia McCray
LCDR Marjorie Barndt

Officer Selectees

CAPTAIN-

CDR Cheryl Blanzola

CDR-

LCDR George Cowan
LCDR Kathy McCall

LCDR-

LT Teresita Alston
LT Keary Ashmore
LT Laura Bradford
LT Teresa CeballosMcarthur
LT Payton Fennell
LT Shawn Garcia
LT Arcelia Wicker

Hails

LT Angel Calvo, DBC
LT Jeffrey Smith, DBC
LT Kenneth Davis, DBC
LT Regina Thompson, DNS
ENS Anthony Meier, DNS
ENS Hippey Tyler, DNS
ENS Neil Termine, DNS
ABFC Alvaro Williams, DFA
HMC Michael Davis, DBC
HM1 Allen McFadden, DPH
HM2 Anthony Frazier, DBC
HM2 Ivana Brown, DCSS
HM2 Randy Fuhrman, DCSS
HM3 Aaron LaPoint, DBS
HM3 Daniel Brown, DCSS
HM3 Darquita Thomas, DBC
HM3 Dennis Holzinger, DBC
HM3 Michael Camacho, DBC
HM3 Rex Villao, DBC
HM3 Susanne Boretsky, DMS
MA3 Chad Breaux, DFA
HN Gina Hirth, DBC - Gen Dentistry
HN Joshua Ekers, DSS
HN Keith Douglas, DBC
HN Marcus Allen, DSS
HN Nicole Cubias, DBC
HN Reginald Smalls, DSS
HN Steven Perry, DBC-Flight Medicine
HN Traves Niles, DBC
HN Valencia Compton, DBC
HA Aaron Sheppard, DSS
HA Branden Langley, DBC
HA Jesse Burdine, DBC
MASA Billy Atwater, DFA
HR Ethan Harper, DBC
HR James Matos, DBC
MASR Stephanie Broussard, DFA
Ms. Alyssa McClelland, DBC
Ms. Dawn Reid, DBC
Ms. Frances Cox, DMS

Farewells

LCDR Makini Ainsworth, Separation
LCDR Steven Shindler, Retirement
LCDR William Pohlman, PCS
LT Martine Riche, Separation
HM1 Joseph Brown, Retirement
HM1 Khamvah Phethamyath, PCS
HM2 Allen Fair, Retirement
HM2 FAYANNE Fortes, PCS
HM2 Matthew Reed, Separation
HM2 Zackry Baldwin, Separation
HM3 Charley Hubbard, PCS
HM3 Christopher Ratcliff, PCS
HM3 Desirae Montoya, PCS
HM3 Jakeem Gresham, DCSS
HM3 Kevin Nguyen, PCS
HM3 Matthew Karr, PCS
HM3 Robert Priel, PCS
HM3 Tanikka Daniels, DSS
HN Amanda Escamilla, PCS
HN Christian Tolpa, DBC
HN David Harris, PCS
HN David Wade, PCS
HN Holden Roberts, PCS
HN Leonardo Fortolis, PCS
HN Mathew Scherer, PCS
HN Sean Tabor, DMS

Awards

LT Jack Page, NAM
LT Keary Ashmore, LOA
LT Martine Riche, NAM
LTJG Joseph LaBarbera, Caught in the Act
LTJG Mayra Porano, FLOC
HM1 Khamvah Phetkhamyath, COM
PS1 Lamar Watts, COM
HM2 Adam Morris, Caught in the Act
HM2 FAYANNE Fortes, COM/MOVSM
HM3 Daniel Brown, NAM
HM3 Desirae Montoya, NAM
PS3 Danielle Diltz, NAM
HN Sean Tabor, LOA
Mr. Aaron Epps, LOA
Ms. Amy Luce, Letter of Thanks
Ms. Alissa Stacy, LOC
Ms. Carolyn Johnson, Caught in the Act
Ms. Deborah Murray, Caught in the Act
Ms. Elizabeth Pinto, EIA
Ms. Eva Gadson, Caught in the Act
Ms. Gloria Sanford, FLOS
Ms. Kaylyn Dunbar, EIA
Ms. Kimberly Harmon, EIA
Ms. Roseanne Thatcher, Caught in the Act
Ms. Roseanne Thatcher, LOA
Ms. Rosemary Livingston, FLOS
Ms. Susan Proctor, Letter of Thanks

Sailor in the Spotlight

Story by HMC Troy Murphy



This quarter's "Spotlight" Sailor for Naval Hospital Beaufort is Senior Chief Hospital Corpsman Donald Carl White. Senior Chief White

currently serves as the Senior Enlisted Leader for Branch Dental Clinic, Marine Corps Recruit Depot, Parris Island. Originally from Hyattsville, Maryland Senior Chief White joined the Navy in August of 1985 because he felt he needed a "Sense of Direction." Prior to joining the Naval Hospital Beaufort team in June of 2008, he served as the Leading Chief Petty Officer for the Dental Division aboard the USS KITTY HAWK (CV 63) from July 2006 to May 2008.

During his down time, Senior Chief White likes to compete as a member of Team White Lightning in triathlons and run marathons. The thing he enjoys most about his job is the daily interaction and mentoring of young Sailors to include the solving of various problems they face.

Command Master Chief Tyrone Willis states "Don has done a tremendous job as a Deckplate Mentor throughout his years of Naval Service. Additionally, when you think about his athletic accomplishments and the sacrifice it took to achieve the high levels of success he has enjoyed over the years, it's truly a testament to his desire to be the best of the best."

Senior Chief White plans to retire from the Navy in January 2011 and move on to the next phase of his life with his family. "After 25 years in the Navy, my life has been in constant change. I've never been in the same zip code for more than three years."

The "Lowcountry Beacon" wishes to thank Senior Chief Donald Carl White for his Service and wishes him and his family "Fair Winds and Following Seas" as he transitions to civilian life.

Civilian in the Spotlight

Story by HMC Troy Murphy



Blood Alliance Blood Drives

Naval Hospital
Beaufort
27 January 2011
1000-1400

Marine Corps
Air Station
11 January 2011
1000-1400

Marine Corps
Recruit Depot
12 January 2011
1000-1400

This quarter's "Spotlight" Civilian Employee for Naval Hospital Beaufort is Mr. Donald Ray Ford. Mr. Ford currently works for the Director of Clinical Support Services, Physical Therapy Department as a Licensed Physical Therapy Assistant. A former resident of Charlotte, North Carolina, Mr. Ford joined the Naval Hospital Team in September of 2009 because he wanted to "help serve the Servicemen and Women who put their lives on the line for this country." Additionally, he hoped his experience would assist with the training of others in the field of Physical Therapy. Prior to his arrival, Mr. Ford served five years as a member of the Physical Medicine and Rehabilitation division of the Department of Veterans Affairs. "I really enjoy working with this population," said Mr. Ford.

During his free time Mr. Ford enjoys reading, jogging, playing ten-

nis, and watching sports. Additionally he enjoys spending quality time with his wife of 16 years, Shelia and his three sons Israel, Elijah and Jeriah. Mr. Ford states that the most enjoyable part about his job comes from his "daily interaction with his Physical Therapy co-workers, the diversity that comes from working in a military/civilian environment and the

willingness of all to share their knowledge to help rehabilitate the patients."

"I am very appreciative of Donald's willingness to go above and beyond the call of duty" states LT Ivette Schmiede, Department Head of the Physical Therapy Department. "He is definitely a team player and makes a difference in the lives of everyone he

comes in contact with."

In the future Mr. Ford plans to complete his Bachelor of Arts Degree in Public Health with an emphasis on Health and Human Performance.

The "Lowcountry Beacon" wishes to thank Donald Ford for his time and his service to the Naval Hospital Beaufort Team.



An Update from the Career Counselor



HM1 Robert Starkey

Shipmates, I will be sending out this bulletin via the "Lowcountry Beacon" quarterly to ensure you are provided the most up-to-date information on all the career opportunities available to you. I'm always open to suggestions, so please feel free to let me know if there is anything you would like to see in particular in the quarterly bulletin. Please remember this information is for you and I would like to make it as accessible as possible. I will send it out all hands as well as post it on the Career Counselor's Corner link that is on NHB Intranet. RP1 Oliveros has begun the process of setting up that site for our command. We have just started this site, so there is not much information on there as of now but there will be more to come. One quick disclaimer Shipmates, I'm here for your career, what I may or may not suggest to you is only what will better your career. A few ex-

tremely important career notes that I would like to discuss now are PTS, CDB's, and CMS-ID.

Perform To Serve:

Yes, PTS has changed ever so slightly yet again with the merger into FLEET RIDE: Per NAVADMIN 352/10

- A. Commands shall ensure PTS applications are submitted for all designated E3-E6 sailors with less than 14 years of service as early as 15 months prior to, but no later than 12 months prior to their end of active obligated service (EAOS) as extended, also known as "soft" EAOS (SEAOS). During this mandatory submission period, applications must be submitted even if the sailor's intention is to separate, or if the sailor is ineligible or not recommended for reenlistment at the time of application.
- B. Special circumstance applications may be submitted regardless of SEAOS, based on PRD for sailors requiring to obliserve for orders, end of active obligated service (EAOS) for selective reenlistment bonus (SRB), or other special circumstances requiring additional obligated service.
- C. PTS quota approvals will be granted after the monthly rack and stack and final review. Once additional obligated service is incurred for an approved PTS application, or a period of 13 months passes since the quota was issued, the PTS quota is considered expired and is no longer valid. Once a quota is expired, the sailor will have to reapply.
- D. Sailors within 12 months of the PRD who require PTS approval to obliserve for orders negotiation must utilize the individual application process (special circumstances).

What this means to you is it is not necessarily done by Zones anymore. Once you have an approved message then you have 13 month to act on it and once you do no matter how short or long you will need to apply for PTS no later than 12 months prior to your new SEAOS.

No approval means SEPARATION!

Career Development Boards:

To provide enlisted personnel the opportunity for optimal development of their professional skills (military and technical) thereby enhancing individual upward mobility, job satisfaction, and ultimately, the retention of better qualified personnel.

Career Development Boards are scheduled for E-1 to E-9 within 30 days of reporting onboard, and at least annually thereafter or, at *anytime* a service member requests for it.

Career Management System-Interactive Detailing

Depending on your NEC and pay grade, shipboard billets are limited within the HM community. Over 90% of the General duty operational billets are with the Fleet Marine Force. That said, you should prepare yourself for a career-enhancing FMF job upon rotation. Whatever is on CMS is what you have to choose from as far as orders are concerned. All Sailors need to begin negotiating for orders at the beginning of their 9 months window **NOT** trying to submit A C-school pkg. The window has changed from 9-6 to 9-7 months. Each Sailor has the ability to apply themselves for orders via CMS, my only disclaimer is once they are selected for orders there is no renegotiating, and or if you are applying for the wrong billets you will be issued orders. I implore all Sailors to seek guidance when applying for orders via CMS, please make sure you know what you are doing. **REMEMBER** you are due for **SEA DUTY**, it's time to stand your watch, Shipmates. Contact Information: Email: Robert.Starkey@med.navy.mil, Office Phone: 843-228-5334.

Health Promotion and Wellness

Story by Ivette Moore

Health Promotion at the Naval Hospital Beaufort was established in 1992. In 1996, a wing of the hospital was allocated for a Wellness Center, a Fitness Center and a classroom. Today, the staff includes a Health Promotion Coordinator and a Health Promotion Administrative Assistant.

Our Wellness Center focuses on health education and preventative information to help individuals become more aware of health issues. Nutrition, physical fitness, tobacco cessation and weight management are among the many topics covered in the Wellness Program. The programs are continuously evaluated and developed to meet the needs of all beneficiaries in the Tri-Command.

Our State of the Art Fitness Center consists of an aerobic area, fitness equipment room, and locker/shower facilities. To enhance Cardio respiratory fitness and

readiness, the center is equipped with 19 pieces of equipment to include treadmills, cross trainers and stationary bikes.

To compliment the aerobic workouts, a free weight area and 20 pieces of strength training equipment are also available to improve muscle strength and endurance. Our goal is to create a culture of fitness to enhance a member's ability to complete tasks that support the command's mission and to encourage all beneficiaries to stay fit.

The Fitness Center can be accessed during the weekend, holidays and after regular working hours by presenting a military ID at the quarterdeck. It is open to all beneficiaries.

For more information about monthly programs and classes contact the Health Promotion Coordinator, Ms. Ivette Moore at (843) 228-5344.

**Naval Hospital
Beaufort
Is Proud
to Be a
Tobacco-Free
Campus!**



HP Upcoming Events:

December 2010 - Keeping off the Holiday Pounds Challenge. Call 228-5344/5486 to register.

January is Healthy Weight Month, join the Health Weight Support Group. Call 228-5344 for more information.

February is National Heart Health Month, Join the Jump Rope for Health Team Challenge. Call 228-5344 for more information.



Keeping off the Holiday Pounds Challenge

**The Average American gains 6 lbs
during the holiday season.**

Survive the season by attending one hour workshops. Workshops will include pre and post body weight, healthy eating, fitness classes, behavior modification and how to stay motivated.

DATE: Tues, 30 Nov 2010 thru Thurs, 6 Jan 2011

TIME: 1600-1700

LOCATION: Naval Hospital Auditorium

TO REGISTER: Call 228-5344/5486

Portion Distortion with NHB Registered Dietician
December 16, 2010 from 1130 to 1215

Beginning December 1, 2010

There will be a holiday workout every Wednesday
From: 1130 to 1215 in the Aerobic Room

Spotlight on Safety

Story by Susan Hollingsworth



Once upon a time, a local newlywed decided to have a small, intimate dinner party for her husband and another couple. This event would provide the first opportunity for her to use some of the lovely wedding gifts, like table linens, china, vases, and beautiful dainty candelabra. During the days leading up to the party, she researched recipes and wine selections, arranged flowers and selected a new outfit to wear. She carefully choreographed the day of the party which flowed perfectly – no glitches. She even found a little extra time to put finishing touches on her fingernails. Using a heavy duty, “new and improved”, liquid acrylic nail finish, she completed the manicure as the guests were arriving. As hubby answered the door, she grabbed the matches to light the lovely tapered candles. Then – PHLOOF – followed by scream. Seems that the acrylic hazmat was not completely dry and her fingernails had ignited. Flapping the flaming nails only increased the pyrotechnics. By the time she reached the sink, the nails were out (fuel depleted). Good news – absolutely no in-

jury – just an interesting textured effect on the manicure.

So...what's the lesson here?

In the work setting, training is required for folks who work with hazardous materials. You are expected to know the potential hazards and how to prevent negative outcomes when working with hazardous chemicals. But, how often do you use the same approach at home? Many common household chemicals are just as hazardous as those encountered at work (as the story illustrates). Material Safety Data Sheets (MSDS) must be available to personnel who work with hazardous materials in the workplace, but are not readily available to consumers purchasing products for personal use. But all is not lost, the Department of Health and Human Services, specifically the National Institutes of Health, have a wonderful website where you can find thousands of common household products. Information extracted from the product's MSDS is well organized and concise on this easily navigable website. So, give it try – you may find some surprises.

<http://householdproducts.nlm.nih.gov/index.htm>

And, yes, the newlywed grew up to be your very own Command Safety Manager. Stay Safe!

Current Deployments

LCDR Daniel Bible	HM1 Jennifer Knuth
LT Ian Lang	HM1 Prayot Bunmeema
LT Matthew Palazzolo	HM1 Steven Kendrick
LTJG Adrain Felder	MA1 Steven Kile
LTJG David Caraballo	HM2 Samuel Woodson
LTJG Eva Reed	HM3 Harrison Truong
LTJG Rebecca Rausa	HM3 Napoleon Pareja
LTJG Stephen Cone	HN Bryan Vandesande
HM1 Heather Rorabaugh	HN Jonathon Harrington

Homecomings

CDR Dixie Aune	LTJG William Ruppel
LCDR David Lalli	HM1 Milas Sturdivant
LCDR George Cowan	HM1 Nigel Abner
LCDR Jessie Santiago	HM2 David Brown
LCDR Lora Martin	HM2 Sharmee Anderson
LT Cedric Abron	HM3 Anthony Barnard
LT Kenneth Davis	HM3 Arthur Manning
LT Kyle Burditt	HM3 David Okdie
LT Teresita Alston	HM3 Robert Gilmore

A Sea of Blue

Naval Hospital Beaufort staff proudly wear the Navy's newest uniform during the “All Hands Navy Working Uniform (NWU) Day” held on 17 November 2010.



Historical Moment (Did You Know?)

300+ Years of History

Story by CAPT Edward D. Simmer

Whether you call it the Lowcountry, the South Sea Islands, or Coastal South Carolina, most people know that this area has been part of the history of our country for at least a thousand years, starting with the Native Americans who once called this area home. What you may not realize is that the 129



Old Naval Hospital Beaufort on MCRD

acres that make up Naval Hospital Beaufort have played an important role for virtually all of that time as well. Archeological evidence shows that there are at least 3 major Native American sites on our grounds. We honored this heritage as part of our celebration of American Indian Month in November. This area likely was important as it offered good water access and was relatively high ground.

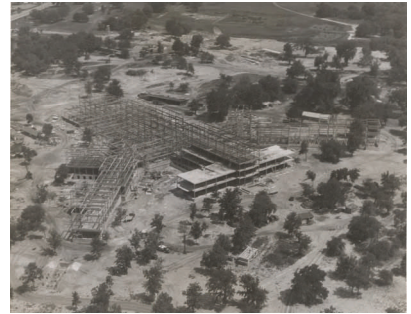
The importance of this area continued after the arrival of European settlers. Fort Frederick, located on the Southeast corner of our base, was built by the British in the early 1700s to defend against potential attacks by Spain which at the time controlled the area now known as Florida. This fort also played a role in the Revolutionary War. After the War, this area was home to Old Fort Plantation, which produced cotton. Union troops occupied this area early in the Civil War, and held it until the end of hostilities in 1865. Our base was the site of Camp Saxton, which was home to the 1st South Carolina Volunteers, the Union Army's first African-American regiment, made up, at least in part, of emancipated slaves. Camp Saxton was also the site of one of the first public announcements of the Emancipation Proclamation in 1863, which ended slavery in Union-held areas.

After the Civil War, the area that would become Naval Hospital Beaufort was broken up into several properties, and was used for homes and farming.

Military activity moved to Parris Island, first as a Naval Coaling Station, and then as a Recruit Training Depot. Naval Hospital Parris Island was constructed as part of the Parris Island facilities.

As was the case in previous military use of the site, the creation of Naval Hospital Beaufort was related to a military conflict, in this case World War II. The Parris Island hospital was felt to be inadequate to support the needs of the many Service members wounded in World War II, and a search for a new hospital site was begun.

The current site was selected, as before, due to its high ground, as well as its relatively convenient location near Parris Island. The land was purchased in 1945, and the new hospital opened in 1949. Despite many changes in keeping with advances in medical treatment and the needs of those who rely on Naval Hospital Beaufort, the site has continued to serve the



New Naval Hospital Beaufort During Construction



New Naval Hospital Beaufort After Completion



Ground Breaking



Surgical Ward

medical needs of the military community in this area ever since.

Naval Hospital Beaufort and its site

have a rich history, and in future columns we will explore many of these in detail. Please feel free to contact us if you have a suggestion for a historical topic you would like to see covered.

An Interesting Fact...

Fort Frederick, located on the Southeast corner of our base, was built by the British in the early 1700s to defend against potential attacks by Spain which at the time controlled the area now known as Florida.

The Many Faces of Naval Hospital Beaufort



December 2010-February 2011 - Lowcountry Beacon